



Domestic Violence Awareness Month

National Week of Action: October 14 – 20, 2018

JBWS supports the National Network to End Domestic Violence (NNEDV) *National Week of Action!*

Sunday, October 14: #SelflessSunday – Take action: Donate your time, money, or in-kind donations to your local domestic violence program. Can't donate? [Here are other ways to get involved.](#)

Monday, October 15: My Voice Monday – Have you helped pass legislation that supports survivors? Have you written an article about domestic violence in your community? Tell us how YOU are a voice against violence. Take action:

- Write a letter to the editor – use our [template guidelines](#) or check out this [example Letter to the Editor](#).
- Use [our talking points](#) to start conversations about domestic violence with friends, family members, neighbors, or colleagues.
- Challenge myths about domestic violence. Here are [31 ways you can challenge widely-held perceptions about domestic violence](#).



Tuesday, October 16: Twitter Chat Tuesday – Join our bilingual (English & Spanish) Twitter Chat from 3:00-4:00 PM (ET). We will be discussing #Safety4Survivors. Take action:

- See highlights from the 2017 #Safety4Survivors Twitter Chat in [English](#) and [Spanish](#).

Wednesday, October 17: #WokeWednesday – Take action! You can make a difference by advocating for legislation and elected officials that support survivors. Get involved:

- [Register to vote!](#) Voter privacy is important to survivors who may be concerned about their personal information being released or accessed by an abusive person. If this is a concern for you or someone you know, we have resources:
 - [Voter Registration & Privacy](#)
 - [Domestic Violence & Voter Registration: Safety Considerations](#)
- First-time voter? [Here are some tips](#).
- Engage with candidates. Ask them questions about how they will support survivors. Check out these [customizable resources](#) developed by the [California Partnership to End Domestic Violence](#).

Thursday, October 18: #PurpleThursday – Wear purple to show your support for survivors and for ending domestic violence! Share your purple on social media using #PurpleThursday.



Friday, October 19: Fame Friday – Support survivors by analyzing how we, as a society, talk about domestic violence.

Domestic violence is present in the pop culture we consume – through music, movies, television, books, and media. Share how you are reframing these narratives to support survivors. Take action:

- See some [pop culture commentary](#) that can help you think critically about the popular culture we consume.
- Read [“What to Do When You Discover Your Fave is Problematic: Channeling your Outrage, Anger, and Disbelief.”](#)
- Host a movie night ([check out our Pinterest board for movie ideas!](#)) and use our [Movie Night Conversation Guide](#) to talk about the themes from the film.
- [Learn about our online book club](#), Reader with a Cause! [Join today](#) to participate in discussions about the ways in which popular books address domestic violence, sexual assault, stalking, and dating violence.
- Our #EmpowermentPlaylist collects inspirational songs that inspire us to fight for change, offer strength, and empower.
 - [Listen on YouTube.](#)
 - [Listen on Spotify.](#)

Saturday, October 20: #TechSafety Saturday – Technology has a major impact on survivors. Newly emerging technologies are cause for conversation about the ways that this technology can be misused to harm survivors, but also how these technologies can help hold offenders accountable and be a source of connection for survivors. Take action:

- Download our [Tech Safety App](#) (*now also available in Spanish / Ahora disponible en español*).
- Update your privacy setting on social media – we have handy guides on privacy and safety on [Facebook](#).
- The Internet of Things (IoT) refers to devices connected to each other and to a device or app that can control them (think smart homes). Check out this [series of handouts](#) describing the risks and potential benefits of the new wave of IoT devices.



For more information on how you can spread awareness during Domestic Violence Awareness Month, please call 973-267-7520 Ext. 124. For help for yourself or someone you care about, please call the 24-Hour Helpline 1-877-R-U-ABUSED.